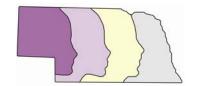
Screenings and Immunizations: What You Should Know



Getting regular check-ups, preventive screening tests and immunizations are among the most important things you can do for yourself.

Take time to review these guidelines for screening tests and immunizations. Use these charts to remind yourself of when you need to see your health care provider based on your personal health profile. Make an appointment today! These screening guidelines are for women who are feeling well and have no personal medical history or family history that places them at increased risk for the diseases listed below.

Screening Tests	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65+		
General Health: Full checkup	Discuss with your health care provider					
Thyroid test	Periodically after age 65					
Heart Health: Blood Pressure Test, Height & Weight Check	Starting at age 18, then once every 1 - 2 years if normal					
Cholesterol test	Discuss with your health care provider	Starting	ry 2 years			
Bone Health: Bone Mineral Density Test		Discuss with your health care provider		Get one at least once, then discuss repeat testing with your health care provider		
Diabetes: Blood Sugar Test	Discuss with your health care provider	Starting at age 45, then every 3 years				
Breast Health: Breast Exam	Yearly by a health care provider; monthly breast self exam					
Mammogram	Every 1 - 2 years, discuss with your health care provider					
Reproductive Health: Pap Test & Pelvic Exam	Every year if you have been sexually active or are older than 21	Every year		Discuss with your health care provider		
1	Discuss with your health care provider having less frequent Pap tests after 3 consecutive normals					
Chlamydia Test	If sexually active, yearly until age 25		a or other sexually y need this test. See			
Sexually Transmitted Diseases (STDs)	Talk to your health care provider if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD					
Eye Health: Vision exam	Once initially between age 20 and 39	Every 2 - 4 years		Every 1 - 2 years		
Ear Health: Hearing Test	Starting at ag every 10	1 Hechies whith would		health care provider		

Colorectal Health:					
Colonoscopy			Every 10 years		
			OR		
Flexible Sigmoidoscopy			Every 5 years		
			OR		
Fecal Occult Blood Test			Yearly		
(FOBT)			,		
Double Contrast Barium Enema (DCBE)			OR Every 5 - 10 years (if not having colonoscopy or sigmoidoscopy) OR		
FOBT <u>and</u> Flexible Sigmoidoscopy				5 years	
Skin Health: Mole Exam	Monthly mole self-exam; by a health care provider every 3 years, starting at age 20				
Oral Health: Dental Exam	1 - 2 times every year				
Mental Health Screening:	Discuss with your health care provider				
Immunizations	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65+	
Influenza	Discuss with your health care provider		Yearly		
Pneumococcal				One time only	
Tetanus-Diphtheria Booster	Every 10 years				
Varicella (VZV)	Only if you have never had chicken pox: Two doses, eighteen years and over				
Measles, Mumps, Rubella	Women of childbearing age: One dose between 18 and 50				
(MMR)	years of age for those born after 1956				
Meningococcal	Once at age 18 if you have not already had one				

Guidelines endorsed by the Women's Health Section of the Nebraska Medical Association

Note: These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.

Additional Resources:

Recommended Screenings & Immunizations for Women with High Risk Factors www.womenshealth.gov/screeningcharts/screenings-high-risk.pdf

For More Information:

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